

A Week of Laxative Menus

By VIRGINIA CARTER LEE

IT PLANNING for a laxative diet it must be borne in mind that certain food supplies, such as fruits, most of the vegetables that grow above ground, all coarse breads (especially those made from graham, whole wheat flour, cornmeal and bran), buttermilk, cider, molasses and all varieties of dried fruits must be given a prominent place in the daily menus.

Also in the matter of cereals, select oatmeal, graham mush, etc., or when the dry cereals are served scatter a tablespoonful of uncooked bran over each portion.

Before the serving of breakfast a glass or two of cold water (not iced) taken slowly, possibly ten minutes before the meal, and followed by a cupful of hot coffee will prove a far safer remedy than many of the much advertised cures.

Cooked milk and egg desserts are avoided, and both buttermilk and molasses, as well as fruits (dried and fresh), are substituted in preparing the sweet dishes. Omit tea and cocoa, the latter containing boiled milk, and use instead plenty of sweet cider, grape and orange juice.

The recipe for Yogurt ice cream is especially good and also the one for cider and apple sherbet, while the hot honey sauce served with the ice cream on Sunday candies on the cold cream in a most delightful manner. (Honey is one of the best laxatives and a wholesome, natural sweet for children.)

To prepare the sauce cook three-quarters of a cupful of honey to 240 degrees on the sugar thermometer and pour in a thin stream on the stiffly whipped white of one egg. Set over hot water and beat slowly and constantly

until the sauce is quite thick. Serve immediately.

In preparing the escalloped clams and fish use the chopped soft part of the clams, uncooked, and the flaked fish, with alternate layers of cracker crumbs, and dot with bits of butter. Season also with paprika and salt to taste; moisten with three or four tablespoonfuls of rich milk or cream. Bake the crumbs on top and brown in a moderate oven.

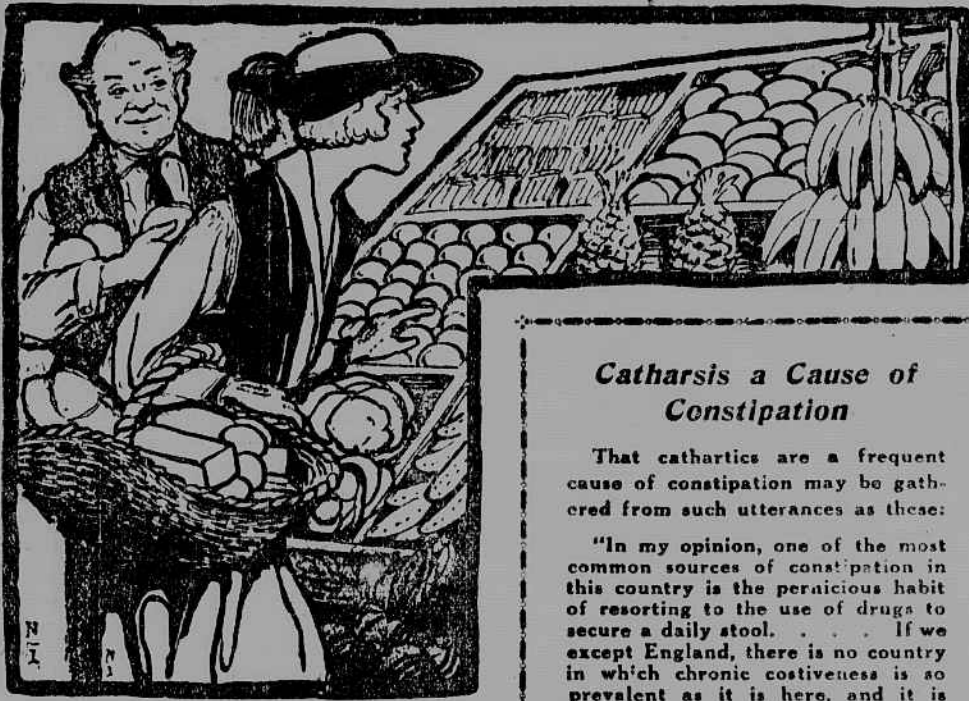
Highly seasoned dishes have been avoided, and although pork in most forms should be excluded a little breakfast bacon (as a relish) and a very small quantity of salt pork (used as flavoring for the chowder) are included in the weekly budget.

Supplies for the week will include at the butcher's one and a half pounds of stewing mutton, at 28 cents a pound; half a pound of bacon, at 45 cents a pound; two ounces of smoked beef, at 4 cents an ounce; two pounds of short steak, at 48 cents a pound; one pound of stewing veal, at 30 cents; and three veal kidneys, at 13 cents each.

At the fish market eighteen oysters, at 2 cents each; one and three-quarter pounds of mackerel, at 30 cents a pound; one-third of a pound of salt cod, at 28 cents a pound; one and one-half pound of halibut, at 40 cents a pound, and eight clams, at two cents each.

Dairy supplies will amount to \$3.67: Milk and cream, \$1.58; butter and oleo, 89 cents, and eggs, \$1.20. The marketing figures will run as follows for four:

Butcher's bill.....	\$2.38
Fish bill.....	1.76
Fruits.....	2.90
Dairy products.....	3.67
Vegetables.....	8.00
Groceries.....	3.29
Total.....	\$17.00



Catharsis a Cause of Constipation

That cathartics are a frequent cause of constipation may be gathered from such utterances as these:

"In my opinion, one of the most common sources of constipation in this country is the pernicious habit of resorting to the use of drugs to secure a daily stool. If we except England, there is no country in which chronic constiveness is so prevalent as it is here, and it is equally true that in no other land do people so frequently resort to the indiscriminate and senseless use of medicine in order to move the bowels. It is a lamentable fact that not a few parents have the insane idea that if they do not administer a cathartic frequently to their children dire results will follow, and in their anxiety they eventually bring about or aggravate the very condition which they wish to avoid, namely, constipation."

—T. G. GENT.

"The philosophy underlying the admission of cathartics into the advertising pages of newspapers and lay periodicals that discriminate against other forms of 'patent medicines' displays the unfortunate lay notion that cathartics can do no harm. In point of fact, cathartics are not only habit producing drugs, but, as in certain cases of intestinal obstruction, they may even kill."

—The Journal of the American Medical Association, October 18, 1919.

TESTED RECIPES

Beaten Corn Biscuits

Mix together three-quarters of a cupful each of cornmeal and white flour, half a teaspoonful of salt and one teaspoonful of sugar. Then rub in thoroughly with a fork one tablespoonful of shortening. Moisten to the consistency of stiff biscuit dough with very cold water, spread out on a board and beat with a mallet or heavy rolling pin as for beaten biscuits. Fold over frequently while beating to introduce air. Roll out about half an inch thick, cut into small biscuits, prick with a fork and bake until crisp and brown.

Corn and Tomato Chowder

Cut two slices of salt pork into dice and fry out in a soup kettle. Add one thinly sliced onion, cook for three or four minutes and add a can of tomatoes, one tablespoonful of sugar, two cupfuls of strained stock, one teaspoonful of salt and half a minced green pepper. Cover closely and simmer for thirty minutes. Add one can of corn, half a cupful of boiling water, one tablespoonful of chopped parsley and cook for ten minutes longer. Thicken with half a teaspoonful of flour blended with a little cold water, and add three broken soda crackers.

Coffee Gingerbread

Mix together one cupful of molasses, half a cupful of strong strained coffee and half a cupful of thick sour milk mixed with one and a half teaspoonfuls of baking soda. Sift into a bowl two and a third cupful of flour and add two scant teaspoonfuls of ground ginger, two teaspoonfuls of brown sugar, half a teaspoonful of salt and half a teaspoonful each of ground cinnamon and nutmeg. Gradually blend the liquid with the dry ingredients and

beat in a quarter of a cupful of melted shortening. Bake half an hour in a moderate oven.

Fruit Sandwiches

Pass through the meat grinder one peeled tart apple, cut in pieces; six pitted dates, three diced figs, one cupful of chopped celery and add one mashed banana and a tablespoonful of chutney. Moisten slightly with a mayonnaise dressing and use between buttered slices of whole wheat or bran bread.

Fruit Bran Gems

Mix together one and a half cupful of bran, half a cupful of entire wheat flour, one teaspoonful of salt, one tablespoonful of sugar and three and a half teaspoonfuls of baking powder. Add gradually a cupful of milk and beat in three tablespoonfuls of shortening and a quarter of a cupful each of chopped dates and raisins. Bake in gem pans in a hot oven for thirty minutes.

Cider and Apple Sherbet

Boil one large cupful of sugar with a quart of sweet cider and two slices of lemon for ten minutes. Remove from the fire, cool and add a pint of strained, sweetened and seasoned apple sauce. Turn all into a chilled freezer and when half frozen add half a cupful of double cream whipped solid and the stiffly whipped white of one egg.

Yogurt Ice Cream

Make a syrup of a small cupful of sugar, half a cupful each of canned peach juice and water and a quarter of a cupful of grated orange rind, then cool. Mix together one cupful and a half of buttermilk, half a cupful of grape juice, a few grains of salt, the juice from half a lemon and half a cupful of minced canned peaches. Pour the cooled syrup through a strainer into the buttermilk mixture and freeze. When half frozen add half a pint of double cream whipped solid.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST Baked Apples Dry Cereal with Bran Buttermilk Griddle Cakes Coffee	BREAKFAST Stewed Prunes Browned Vegetable Hash Beaten Corn Biscuits Coffee	BREAKFAST Broiled Bacon Fruit Bran Gems Coffee	BREAKFAST Oatmeal with Fig Whip Fish Cakes Coffee	BREAKFAST Baked Apples with Graham Meal Mash Fried Smoked Beef Whole Wheat Popovers Coffee	BREAKFAST Oranges Dry Cereal with Bran Broiled Bacon Buttered Toast Coffee	BREAKFAST Cooked Cereal with Dates Boiled Eggs Grape Juice
LUNCHEON Oyster Soup Fruit Salad	LUNCHEON Lettuce and Date Sandwiches Sweet Cider	LUNCHEON Fish and Potato Salad Boston Brown Bread Hot Baked Apples	LUNCHEON Cold Jellied Mutton Buttermilk Scones Grape Juice Cup Bran and Molasses Cookies	LUNCHEON Scrambled Eggs with Vegetables Rye Bread and Butter Sandwich Buttermilk Stewed Figs	LUNCHEON Escalloped Clams and Fish Brown Bread Sandwiches Cabbage and Apple Salad	LUNCHEON OR SUPPER Fruit Sandwiches Raisin Cup Cakes Buttermilk
DINNER Vegetable Soup Baked Omelet Hashed Brown Potatoes Escalloped Tomatoes Lettuce Salad Steamed Fig Pudding	DINNER Tomato Bouillon Broiled Mackerel Brussels Sprouts Baked Potatoes Yogurt Ice Cream	DINNER Fruit Cup Mutton en Casserole Spinach Prune Tarts Potato Balls Sweet Cider	DINNER Corn and Tomato Chowder Crisp Graham Crackers Whole Wheat Bread Stuffed Egg Salad Baked Indian Pudding with Ice Cream	DINNER Clear Celery Bouillon Broiled Halibut Creamed Parsley Potatoes Cider and Apple Sherbet	DINNER Clam Broth in Cups Broiled Steak Glazed Sweet Potatoes Brussels Sprouts Apple Whip	DINNER Chicken Bouillon Veal and Kidney Pie Mashed Potatoes Buttered Beets Ice Cream with Hot Honey Sauce

A Perfection Oil Stove, With Oven, Broiler and Toaster

Tested and Endorsed in The Tribune Institute

FOR that suburban house where there is no gas and electricity is high (or is not), or for anyone's summer or winter camp or shack, there is just one kind of a cooking stove to have, and the New Perfection is an excellent example of the type. A good kerosene stove, safely constructed, with easily adjusted wicks, does quick, clean, odorless work, and leaves no troublesome residue of ashes and soot.

The model tested in the Institute had two burners, but one, three or four may be had. No. 32, with two burners, has a black japanned steel frame standing 30 1/2 inches high and occupying a floor space 33 by 17

inches. Each burner has a brass wick tube with a stem valve, a flame spreader, a ring wick, and a blue enameled steel chimney with a mica door, through which the height of the flame can be seen and controlled.

At the side is a one-gallon glass tank to hold the kerosene. This is equipped with an automatic feeding valve regulating the supply to the burners. The tank rests in a black japanned steel holder, which is hinged so that it can be reversed for filling.

Speed and Cost of Operation

To demonstrate quickness of operation a quart of water was heated

in a covered enameled pan. The temperature increased from 70 degrees to 200 degrees F. in ten minutes with a full flame, and the water boiled in eleven minutes. On an average gas flame, turned on full, 200 degrees is reached in 5.5 minutes, and in six minutes water boils. On the radiant type electric element the times, under the same conditions, were 16 and 17 minutes, respectively.

To test the flame control and slow cooking, a cornstarch custard was made, the wick being turned down to a low flame. The custard was cooked slowly, without any scorching or even adhering to the pan.

The test on cost of operation showed that about one-half pint of kerosene was consumed per burner an hour with flame on full. In other words, the cost for fuel would be a little less than one cent an hour for each burner, with kerosene at 16 cents a gallon.

The warming cabinet and shelf,

the portable oven, the toaster and the broiler transform the simple oil stove of yore into a complete cookstove on which very edible results were obtained with little time, trouble or expense. These may be purchased separately as desired.

Oven, Toaster and Broiler, Too

White and sweet potatoes and baking powder biscuits were baked in the oven. For the biscuits the oven was heated to 450 degrees, with both flames turned high, in six minutes. The biscuits were then placed in the oven and the flame turned to medium. It took twenty minutes to bake the biscuits—practically the same as with a gas oven. If a brownier top is desired the flame could be turned to high for the last few minutes of this time. The potatoes (medium size) were put into an oven similarly heated and were perfectly baked in fifty minutes.

The glass door is a decided convenience, and a clever locking device attached to the knob insures a tight closing. But the knob does get hot. The toaster is a nine-inch square of blue enameled steel, with a black wooden handle and a top consisting of a criss-cross steel rack, which slides out easily for cleaning. The enameled steel base is perforated in the four corner sections to expedite browning. The highest flame was turned on, and four pieces of bread on the cold toaster were well browned on both sides in seven minutes. The second charge with the heated toaster required only 4.5 minutes. The center was soft (slice half an inch thick), but both sides were well browned. For dry, crisp toast, six to seven minutes would be needed, starting with a hot toaster, or a quarter-inch slice could be used.

A Steak Perfectly Broiled

The broiler gave results that vied with those obtained over live coals. It consists of a steel dripping pan 12 1/2 by 10 inches with a projecting support by which it is attached to a single burner, the grate being removed. It will be noticed from the picture that the broiler is not directly over the flame, but the heat is reflected onto the food by the blue enameled cover or hood which has a polished inner surface, and a wire handle. On the pan rests a grill or rack, so that all of the juices are caught.

It hardly seemed that the reflector would sear the two-pound porterhouse steak (one inch thick) used in the cooking test quickly enough to give the best results

But as a matter of fact it began to brown almost at once (the broiler having been given a preliminary heating of five minutes with high flame), and was deliciously done (medium to rare) in twenty minutes. The fat was crisp and brown, the steak was juicy, a deep pink inside, and well flavored. About a quarter of a cupful of almost clear fat was taken from the dripping pan, but the juices were well retained.

Skeptics who were wedded to the idea of coal broiled steaks admitted that this operation was remarkably successful, and much more cleanly and convenient than when gas or coals are used. No turning of the steak is necessary and there is no charring but an even browning and heating of the meat. For chops or fish equally satisfactory results should be obtained.

The cost of these operations would be approximately one cent for the broiling and broiling done at the same time, and less than two cents for the baking, based on a 10-cent rate a gallon for kerosene. Even if there is electricity in the house, but no gas, the humble kerosene stove is a good auxiliary apparatus for quick, short-time work and surface operations especially. It is economical and, as to safety,

there is no danger from explosion by vaporizing or contact with an open flame. Some people confuse the dangers of vaporizing gasoline with kerosene, which, as a matter of fact, will put out a lighted match if dropped into the tank, though this is not recommended! The flame is enclosed and there is no danger—all kerosene victims have suffered from pouring the liquid onto wood or coal to hasten combustion, and so spreading a mass of open flame. Kerosene as used in these stoves is just as safe as gas.

New Perfection Oil Cook Stove (1 to 4 burners); with cabinet and warming shelf (2 to 4 burners) with built-in oven.

New Perfection Toaster (tin or blue enamel).

New Perfection Broiler.

Made by the Standard Oil Company of New York, 555 West Twenty-fifth Street, New York City.

Note—Prices and further details may be obtained at The Tribune Institute by phone (Beekman 3300), by letter, or by personal interview (Room 513).

The Art of Using Garlic

By JULIA W. WOLFE

IF ONE mentions the word garlic I don't wrinkle up your nose disparagingly, for this selfsame arbiter of tastes and odor will sniff delightedly at the delicate flavoring and intangible savoriness of meats served in French and Italian restaurants.

Flesh, fish and fowl are safe in the hands of the experienced chefs, and to them the hesitancy on the part of Americans to use garlic is unexplainable.

Perhaps the usual thought in connection with garlic is the odoriferous whiffs we sometimes come across in subways and elevated trains, and any one will admit the disagreeable impression, but using garlic as it was meant to be used and using it "wholesome" are two distinct operations.

If you asked a Frenchman how much garlic to use he would say with a flourish that one should use a mere "souppcon," which means just a hint, and that is how garlic should be used.

Garlic and Meats

Before broiling a steak one should split one of the beanlike cloves and rub it lightly over the steak, bone, fatty edge and all, over both sides but only once, then broil over hot coals, add plenty of salt and pepper, a sprinkling of parsley, a squeeze of lemon and a reckless lump of butter, pop into a hot oven until you count ten, and serve quickly. Then, if life doesn't seem worth living, you are a pessimist of the deepest dye. There is no cure for you.

After roasts, the kettle should

be rubbed with the fat of the meat first, then when hot the meat laid in, then a piece of garlic, size of a pea, chopped finely and sprinkled over the top of the meat and seasoned well, covered tightly and put in the oven to roast, with no water. The indescribable flavor and toothsome-ness of this can be appreciated only by those who try it.

Salads and Good Digestion

Some housekeepers who have a horror of garlic have never tried it and have no reason to condemn it; it is not only one of the most wonderful flavors there is, but it is said to be a natural aid to digestion.

Who ever saw an Italian with indigestion? And how many Frenchmen are there who can sit down with epicurean enjoyment and eat things that would throw the American man into a day's depression?

Many have eaten the crisp and exquisitely dressed salads at even the cheap little table d'hôtes and wondered why their own lettuce or escarole did not taste so well.

It is because it is treated barbarically. Any green to be eaten as a salad must be washed thoroughly and put in a colander and set upon ice. Then, to arrive at the happy result we find in restaurants, a huge bowl, cold and clean, should be rubbed with a clove of garlic cut in two. Then the dressing is put in.

It is not how much we can use but how little, and if housekeepers but knew it, there is garlic in many of the prepared and canned foods they buy. They do not know the reasons for the savory flavor, but garlic is one of them.



To the left, the broiler and toaster are shown in action, with the flame turned high

To the right is shown the portable oven, with its glass door, baking potatoes with a medium flame

—Photos by Kaplan Service



Friends, Large and Small

DESPITE our natural modesty we are publishing these two spontaneous tributes, thinking that perhaps some of our readers are not getting as much out of the Institute as they might. Do you, children and your neighbor's children know The Children's Tribune?

As to the tested appliances, when you are bewildered by the excellencies of the different makes of washing machines or vacuum cleaners, or want to know the efficiency of an ice cream freezer or a refrigerator, or heater, why not look in our files (by phone, letter or in person), and find out which one suits your special needs best?

We get inquiries from Oklahoma and Wyoming, from Canada and Maine— from farmers' wives, who have only water power, will power and "elbow grease" to expedite their work, and from dwellers in the most modern of apartments and houses with electricity, gas, and servants at their command. And the Institute has dishwashers and washing machines that suit all needs (electric, water power and hand machines), stoves that work with kerosene, gas or electricity, sweepers for the cottage or the large establishment with heavy hangings and tufted upholstery, and small devices of many sorts to shorten the household routine.

We are "at home" in Room 513, The Tribune Building, from 9 to 5:30 every day, except Mondays and Saturdays. Call on us, by telephone, letter or in person.

ANNE L. PIERCE,
Director and Editor, The Tribune Institute.

To The Tribune Institute:

I cannot refrain longer from thanking you for the pleasure I have had from your section of The Tribune, although I enjoy all of the paper and always have. I have been an invalid for nearly four years and my shopping has been done through the medium of others, and I had no opportunity to see or hear of new things in the way of household utensils. And your illustrations and descriptions and guarantee behind them have given me the pleasure almost equal to going to shops to select them. I have sent for many articles and always found them as represented and desire to give a testimonial so others may profit by my experience.

I think your Institute the greatest boon ever given to housekeepers, particularly like myself, a "shut in," and thank you very much, and am most gratefully yours,
H. S. Long Island City.

Dear Anne Lewis Pierce:

I am a little girl ten years old. My papa and mamma do not subscribe to your paper. This is the first time I saw it; they got it in Bedford in a store. The second time I got it I read and read the Children's Page over and over again. I am going to ask mamma just as soon as the subscription runs out on our old paper to get yours. Why I am writing to you is to know a couple of little things in your Editor's Note. I see you pay all a cent a word. I would like to try to write a little, too. Can I write about what happened at our place last Christmas, Easter or on birthdays, something the little folks like? When shall I write? Please tell me all about it. Write soon.
Thanking you, I am,
Eileen Donohoe, Bedford, Pa.